

Hip HOC rap

(attr: Anonymous 2005)

Are you ready?

Yeah!

Are you ready to "O"?

Are you ready?

Yeah!

Are you ready to go?

Join the hip HOC rap and feel the flow.

Down at the start

and ready to run,

But there ain't no track

and there ain't no gun

Chorus as above

Are you ready?

Yeah... etc.

Got a funky little dibber?

Got a compass?

Got a map?

Got a whistle in your pocket right?

Now do the hip HOC rap!

Chorus

Are you ready? etc.

Punch that start box,

hear that beep,

Move your body round the map

and shift those feet!

Chorus

Are you ready? etc.

Got number one?

Keep that concentration goin'

Get in the flow

and keep on flowin'.

Chorus

Are you ready? etc.

Every control
is a new little race.
You gotta fight that planner
to win your rightful place

Chorus
Are you ready? etc.

The penultimate control;
the most dangerous of legs.
Squeeze that concentration
To its final dregs.

Chorus
Are you ready? etc

Last control to finish;
maybe only seconds in it.
If you can sprint the run in
maybe you could even win it.

Chorus
Are you ready? etc

After the "O"
did it go like a dream?
No question if you're hip HOC,
'cos we're the DREAM team!

Chorus
Are you ready? etc